



Derbyshire Dialogue

**Children and Young People's
Crisis Alternatives
22nd January 13:00 - 14:00**


Joined Up Care
Derbyshire


NHS
Derby and Derbyshire
Integrated Care Board


**Mental Health and
Suicide Prevention**
Public Health Derbyshire

@DCCMHSP

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Derby & Derbyshire Integrated Care Board:

Helen O'Higgins - Head of Children and Young People's Mental Health commissioning

Maggie Withington – Children's Commissioning Officer

Nicky Smith – Assistant Director Children's Strategic Commissioning

Public Health Derbyshire County Council:

James Creaghan - Public Health Lead for Mental Health and Suicide Prevention

Luke Oldham - Public Health Officer for Mental Health and Suicide Prevention Team



Introduction and Overview

Aims of the session

Overview of current provision

- Context, Strategy and Transformation
- The Public Health Perspective – building resilience
- The NHS Perspective – Crisis Response offer

Crisis Alternatives

- **Who, what, where** and **why** are we talking about it?
- The conversation so far
- Innovation, collaboration and a **vision for the future**



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In 2023, how many children and young people aged 8 to 25 years in England were thought to have a probable mental health condition?

① Start presenting to display the poll results on this slide.

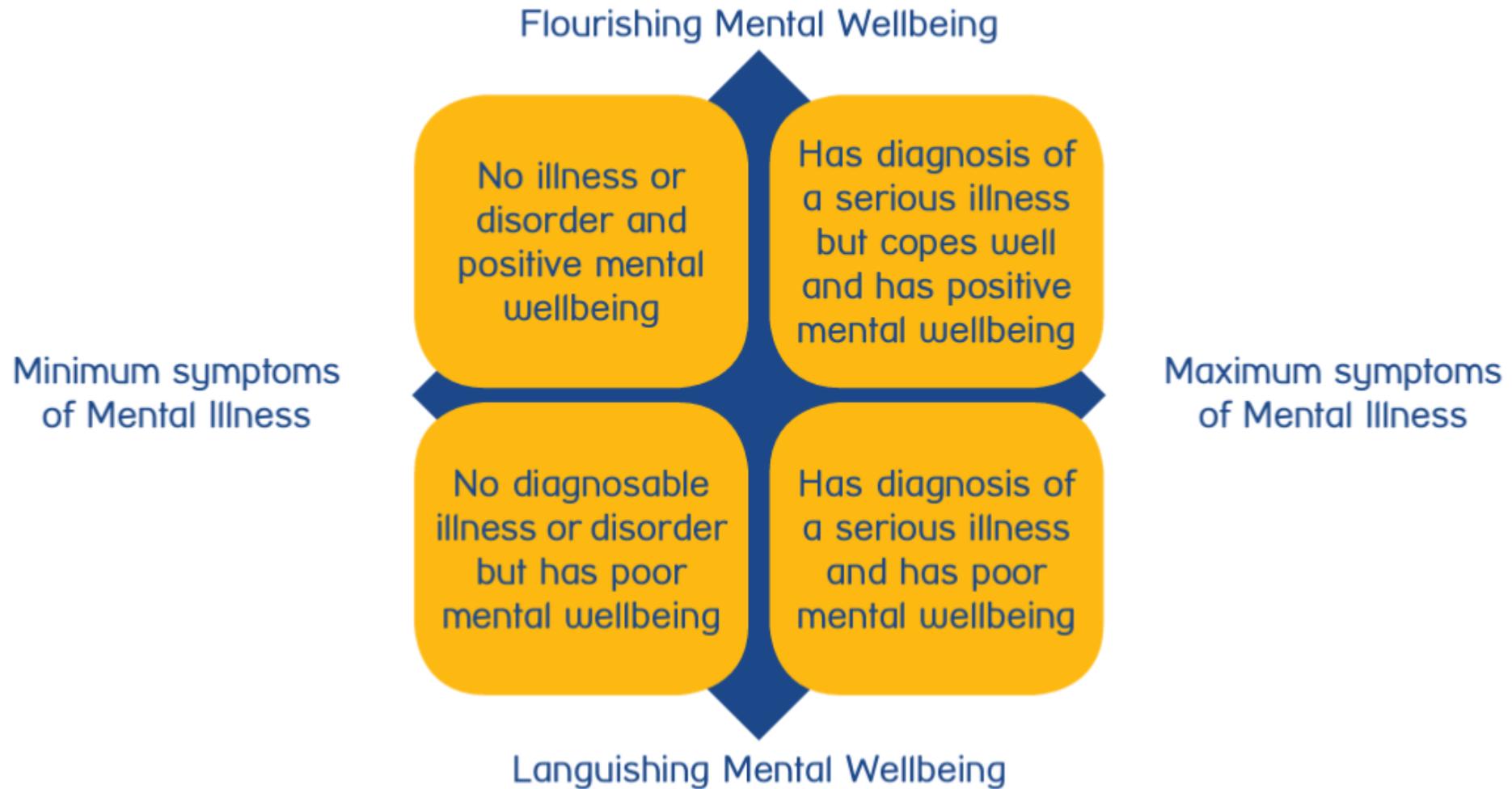
1.4 million children and young people 8 to 25 years with a mental health concern in England in 2023.

- Increased prevalence of probable mental health disorder in children and young people
 - In 2017 12.5% 1 in 8
 - In 2023 23% **1 in 5**
- Exacerbated by the pandemic but stabilised between 2022 – 23

Reference: [The Childrens Commissioner report Childrens mental health services 2022-23](#) published 14 March 2024



The Mental Health Continuum



Reference: Manchester Mind

NHS Strategy and Transformation

NHS priorities: To improve access, experience and outcomes.

- **Right Care, in the Right Place, at the Right Time**

NHS developments:

Future in Mind (2011- 2019) **Early Intervention and Targeted Support**

The NHS Long Term Plan (2019 - 2024) children and young people **crisis response 24/7 and intensive home treatment**, a community-based offer which prevents inappropriate hospital admission.

2024+ Seeking to build capacity within specialist Child Adolescent Mental Health Service (CAMHS) – to reduce the long waits



THRIVE – The Children and Young People Emotional Health and Wellbeing Offer

Getting Advice

- o Emotional Health & Wellbeing Website
- o Derbyshire 24/7 Mental Health Helpline and Support Service
- o Early Years
- o Specialist Educational Need Development (SEND)
- o School Nurses
- o School Pastoral Teams
- o Health Visitors
- o SENCO's
- o Kooth
- o Neuro Diversity Hubs

Getting Risk Support

- o Urgent Care Team CAMHS
- o Intensive Home Support CAMHS
- o Intensive Day service CAMHS
- o Specialist Eating Disorders CAMHS
- o Derbyshire Emotional health and Wellbeing Service for Children in Care (DECC)
- o Early Intervention Psychosis Team
- o 111 option 2 telephone line

Those who need advice and signposting

Those who need focused goals-based input



Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services

Those who need more extensive and specialised goals-based help

Getting Help

- o Youth Offending Service - Social Prescribing
- o Changing Lives – Early Intervention and Targeted Support and Mental Health Support Teams
- o First Steps – Early Intervention Eating Disorders
- o Derbyshire Emotional Health and Wellbeing Service for Children in Care (DECC)
- o School Nursing
- o Kooth
- o Talking Therapies (16+)

Getting More Help

- o Child Adolescent Mental Health Services CAMHS
- o Care Education Treatment Reviews
- o Specialist Eating Disorders CAMHS
- o Youth Offending Service CAMHS
- o Learning Disabilities CAMHS
- o Clinical Psychology
- o Clinical Psychology – Youth Justice
- o Derbyshire Emotional health and Wellbeing Service for Children in Care (DECC)
- 18 - 25yrs**
 - o Young Adults Service (17 to 25 years)

Reference: [Anna Freud Centre](#)

THRIVE – Children and Young people’s Emotional Health and Wellbeing Offer

Click on the tiles for more information



Those who need advice and signposting

Those who need focused goals-based input

Specialist Community Advisors (SCAs)



Derby & Derbyshire
Emotional Health & Wellbeing
Transforming Health and Wellbeing for Everyone

Getting Advice

Getting Help



Thriving
Those whose current need is support to maintain mental wellbeing through effective prevention and promotion strategies

24/7 helpline and mental health support service 0800 028 0077



Getting Risk Support

Getting More Help



Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services

Those who need more extensive and specialised goals-based help



Definitions of mental health crisis

When considering crisis there may be different perspectives:

self-definition; carer definition; service definition and risk definition

These differences should not become barriers to children and young people reaching out to access support.

- A crisis can be defined as an acute, time-limited episode experienced as overwhelming emotional reactions to an event.
- What is a crisis for one person may not be so for another.
- What becomes a crisis may not have been a crisis before or would not be a crisis in a different setting.



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Using one word, what are the factors which might result in children and young people ‘tipping’ into emotional / mental health ‘crisis’?

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What are children and young people saying might tip them into a crisis?

MH:2K Youth Citizen Researchers (2023): They reported key themes that affected their mental health and wellbeing:

- **Impact of sometimes traumatic homelife**
- **Lack of understanding from parents about mental health**
- **Cultural barriers to accessing support**
- **Disproportionate impact on certain groups**
- **Limited access to hobbies and interests**
- **Exposure to toxic content online**

ThinkFest! Mental Health Workshop in Chesterfield town centre (2024).

Some of the young people's views from the session were

Safe and comfy place to go to if you feel like everything feels a bit much..

Kind people to help you

Age-appropriate assessments.

Better training when needing MH appointments..

More easily accessible long-term support

Mental health and neurodiverse support in schools

More education for school staff about mental health

All mental health regardless of severity should be taken seriously

No discrimination against any mental health diagnosis

Better transitions from childrens to adult mental health services



The Public Health Perspective – Thriving and Getting Advice



- Focussed on prevention
 - To equip children and young people with awareness, tools and confidence to manage their mental wellbeing
 - To enable adults (e.g. educators, practitioners, coaches) to be aware and skilled
 - To prevent escalation towards crisis
 - To provide information



The Public Health offer



- **Create a positive culture**
 - Whole School Approach
 - Community Based Approach (e.g. children and young people social prescribing, Youth Outreach)



MHFA England

- **Increase skills - Free Training**
 - Youth Mental Health First Aid Training
 - Suicide Awareness Training



- **Provide support**
 - School Nursing

Derbyshire Family Health Service



- **Raise Awareness**
 - Campaigns
 - Communication (Social Media, Newsletters)
 - Tools and resources
 - Mental Health Support Map - Rethink



Useful resources

- **Derby and Derbyshire Emotional Health and Wellbeing Website**
<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>
- **Whole School Approach, Smilers and Mental Health Pathway**
<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/whole-school-approach/children-young-people-mental-health-pathway>
- **Links to self-help, support guides, community support, training and more**
<https://dccmhsp.com/Information>
 - Let's Chat Podcast - <https://dccmhsp.com/Podcast>
 - Self-help guides - <https://dccmhsp.com/Selfhelp>
 - Toolkits/resources - <https://dccmhsp.com/Toolkit>
- **Rethink Mental Health Support Map**
<https://dccmhsp.com/DerbyshireMentalHealthMap>
- **Mental Health Apps** - <https://dccmhsp.com/Apps>
- **School Nursing** <https://derbyshirefamilyhealthservice.nhs.uk/contact-us>



Useful resources

**LEADERS
UNLOCKED**

MH:2K Derby and Derbyshire – A Youth-led Mental Health Awareness Film and Young People's Mental Health Poster

As a result of their findings, **MH:2K Citizen Researchers** came together to produce an insightful, powerful film encouraging other young people in Derbyshire to reach out and seek emotional and mental health support when they need it.

Their ask is that this short video is used to promote and spread awareness of the services available. This will ensure young people across Derby City and Derbyshire County:

- recognise the benefits of accessing help
- and hopefully encourage them to take proactive steps to make their future brighter.

[**VIEW VIDEO**](#)



**MENTAL HEALTH
DOESN'T DISCRIMINATE,
NEITHER SHOULD YOU**

SCAN ME



DERBY AND DERBYSHIRE EMOTIONAL HEALTH AND WELLBEING WEBSITE

If you are a young person living in Derby or Derbyshire, check out our one-stop-shop of emotional health and wellbeing support services available to you in the local area

derbyandderbyshireemotionalhealthandwellbeing.uk

**DERBYSHIRE 24/7 MENTAL HEALTH SUPPORT SERVICE
FOR YOUNG PEOPLE LIVING IN DERBYSHIRE.**

There are friendly specialist children and young people workers answering the phones 24/7.

0800 028 0077

www.derbyshirehelpline.com

SCAN ME



The NHS perspective: Derby and Derbyshire Crisis Response Pathway

Schools, Youth groups, Local networks,
Social Care, GPs,
Children's Emergency Department

NHS 111 Press 2 for Mental Health
24/7 helpline and mental health support
service – 0800 028 0077 [website here](#).



Assessment and Brief Response (72hrs) – Delivered CAMHS urgent care teams, 365 days between 8am and 10pm in the community (at CAMHS base or at home) or at the Children's Emergency Department (with hospital on call assessment available over night)

Intensive Home Treatment

Day Service

Inpatient Admission



Crisis Alternatives and the conversation so far

- **Who?** children and young people who are ‘bubbling’ or ‘Tipping’ into crisis
- **What are the causes?** Anxiety, stress, low-mood, self-harm, thoughts of suicide, isolation, identity, neuro-divergence.
- **Where are children and young people presenting?** First contact/Help seeking is often...
 - At home, school, non-acute VCSE services, or at community venues and social, hobby, or interest groups
 - From the children and young people perspective, help is sought from a **Trusted Adult**
 - Parents/Teachers/Youth Leaders
- **Why offer alternatives?** – Head off crisis and improve experience and outcomes



Crisis alternatives describes offers which ‘hold’ and support children and young people in the community and help to prevent the escalation of distress.

Aims

Seek to better identify and support children and young people who are ‘tipping’ into crisis

Ensure support is available which stems escalation of distress – ensure right care, right time, right place.

Improve the connections between the service offers across Derbyshire.



Crisis Alternatives – approach to improvement

- Engaging and listening to people
- Case studies, hearing experiences
- Understanding what's available and connecting offers
 - Mapping, sharing knowledge and expertise
- Innovation and Collaboration
 - Enhancing what works, bolstering initiatives, growing children and young people community networks, centralising resources, exploring digital solutions, promoting training and education
- Supporting Trusted Adults to know what to do, when.
 - Ensuring the crisis response is understood, accessible and can be relied upon



Crisis Alternatives – Communication strategy

- Clearly communicating the options available for children and young people, parents, carers and any trusted adult.
- To promote shared understanding, information and key messages.
- Making sure the right information gets to the right people in the right places.



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Using one word, what could make the biggest difference for children, young people and trusted adults when the child or young person is tipping into crisis?

① Start presenting to display the poll results on this slide.

Thank you for listening and for your participation

Any questions?

Please follow this link to share your experiences and views in our short survey - <https://forms.office.com/e/wTvUH5wUKN>



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